



Resources for Veterans and Military Families Members

25 November 2020

Wishing you all a Happy Thanksgiving!

Be safe and please wear a mask!

[Honor Flight Heroes Featuring Howard County Vivian Bailey](#)

Important Dates and Events

November 30 - [American Disabilities Act Art Contest](#)

Free Flu Shots

Due to COVID-19, we encourage you to get a free flu shot at a community pharmacy or urgent care provider near you that is part of the VA network. **This replaces VA's partnership with Walgreens, which ended in March 2020.** No appointments or referrals are required to get a flu shot. To be eligible for this benefit, you must have received care from the VA or an approved community care referral in the past 24 months.

VA In-Network Pharmacy or Urgent Care Provider Online Search

- Visit www.va.gov/find-locations.
- Enter your city, state or postal code.
- Choose a Facility type and Service type: ○ In the "Facility type" box select "Community pharmacies (in VA's network)," skip the "Service type" box and click on "Search," **or**
 - In the "Facility type" box select "Urgent Care," and in the "Service type" box select "Community urgent care providers (in VA's network)" and click on "Search."

▪After clicking on “Search,” a listing of in-network pharmacies or urgent care providers near you will be listed.

▪**Please call before going to get a flu shot to make sure your local pharmacy or urgent care provider is participating.**

When visiting a VA in-network pharmacy or urgent care provider, please let them know you are a Veteran and show them your VA Veterans Health Identification Card. **Veterans are also encouraged to provide the following information to community pharmacies to bill VA:**

- BIN – 004336
- PCN – ADV
- Group – RX3841

You can also receive a flu shot during a scheduled, onsite primary or specialty care appointment throughout the VA Maryland Health Care System or during one of our drive-thru flu shot clinics, which are listed on the back of this flyer.

Thank you.

VA Maryland Health Care System

www.maryland.va.gov

December 2 - U.S. Department of Veterans Affairs - Center for Minority Veterans (CMV) in partnership with VA Office of Small & Disadvantage Business Utilization (OSDBU) and U.S. Small Business Administration (SBA) Virtual Event, 1-2:30pm.

Click the below hyperlink from your **computer** or **mobile app** to join MS Teams: [Click here to join the meeting](#) or call **872-701-0185** then enter **Code 50749068#** Or

December 2 – Virtual Veterans Connection, 4-5pm. Connect with other veterans for conversation and more. For more information, email fstein@howardcountymd.gov Meeting link:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mbad153e10f73054846697222076d04f2>

December 3 – [HiredDC-Metro Virtual Multi-University Alumni Career Fair](#), 10am-4pm. Employers meet 1:1 with candidates in private interview sessions.

On Wednesday, December 2nd (Optional) - Group Info Sessions. Employers host a 30 minute webinar to introduce organization and provide Q & A.

Your registration includes both sessions!

What to Expect:

Expect 750+ Candidates.

Our virtual software is simple & easy to use. Simple dashboard to manage your sessions. Prior to the event, each company will be able to search and view all registered candidates including profile, resume, contact info, skills and other valuable information!

No training required.

December 7 - NAMI Connections Virtual Veteran Support Group, 5:30-7pm.

Questions or more information, please call 410 772 9300, or email Yulanda Blackston: yblackston.namihc@gmail.com or Ashlyn: amcneely.namihc@gmail.com for link.

Joining a Veteran Peer Support Group can help you to feel better in any number of ways, such as:

- Knowing that others are going through something similar
- Learning tips on how to handle day-to-day challenges
- Meeting new friends or connecting to others who understand you
- Learning how to talk about things that bother you or how to ask for help

December 17 - Resiliency and Self-Care for the Healthcare Worker: Facing the COVID-19 Pandemic Webinar. Email to register christina.taranto@homeinstead.com

Now Open by Appointment – [Success in Style](#), complete form online for an appointment. For veterans and military spouses entering the workforce and need professional attire. Open Tuesdays, 11am to 3pm at Savage Mill location

Now thru December 20 – Saratoga War Horse has several classes scheduled this calendar year at the Baltimore County Agricultural Center, 1114 Shawan Rd. Cockeysville, MD 21030 (below), as well as at our facility in Saratoga, NY (please inquire for specific NY times/dates.) December 3,4,5 / 10,11,12 / 18,19, 20

The Saratoga War Horse program takes place during 3-day classes, offered several times each month. The average class size is 5 participants. The program is available to veterans and service members from all branches of the military, regardless of when or for how long they served. There is NO cost for veterans to attend the Saratoga War Horse program. We pay 100% of lodging, meal, and program expenses.

For more info, contact our Veteran Intake Coordinator, Janine Jagodzinski, janine@saratogawarhorse.org 518-252-0285 or our local Outreach Manager, Jason Marshall jason@saratogawarhorse.org 518-531-3219

January 7 – Howard County Commission for Veterans and Military Families Monthly Meeting, 7pm. Email veterans@howardcountymd.gov with questions and webex link.

January 8 - Problem Solving Workshop: 6 week course every Friday at 12 - 1pm beginning Jan 8th 2021. Please contact the Cohen Clinic at 240-847-7500 or info.mfc@eseal.org for zoom link.

Every Tuesday – Men's Roundtable, 10am-12pm. Join other men for civil discussions on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers. To register or for more information, khull@howardcountymd.gov or 410-313-7466. howardcounty.gov/aging

Every Thursday – [Fort Meade Facebook Town Hall](#), 5:30pm. Education Town Hall

Last Thursday of the month – Veteran Career Club, 11am-12pm. Email anthony.butlersr@maryland.gov for more information

Every Thursday - [Meditate with Delphi](#) every Thursday, 8:30am. Free. Password: meditate

Every Day – [Veterans Yoga Project Livestreaming classes](#)

1st & 3rd Thursday of the Month - Cohen Clinic Virtual Offerings, 11:30am - 12:30pm EST [Registration Required: http://bit.ly/CohenOfficeHours](http://bit.ly/CohenOfficeHours)

Participants will receive an email with Zoom instructions after registering through Eventbrite. We encourage you to connect with us during Cohen Clinic Office Hours to learn more about our clinic services including outreach and case management. This is an opportunity for the entire community, potential and existing clients, and community partners to meet with us, and discuss: Information about our specific programs and services and sharing your ideas with us and letting us know how we can help you or your organization.

Webinar Series: Problem Gambling Training on Awareness, Prevention, Treatment and Recovery Topics. University of MD School of Medicine The MD Center of Excellence on Problem Gambling. Fridays at 12pm EDT

All training offered by the Center is free of charge and CEUs are awarded for Maryland licensed psychologists, social workers, counselors and therapists, and alcohol and drug addiction counselors.

[REGISTER TODAY!](#)

[December 4, 2020](#) - 'Tis the Season for Gifting Responsibly: Avoid Underage Lottery Plan and Engage in Responsible Gambling

[December 18, 2020](#) - A Compassionate Path of Recovery for Gamblers: Mindfulness Theory, Research and Treatment

Resources

[Howard County COVID-19 Updates](#)

Military/Veteran Crisis line: 800-273-8255.

[Take the 2020 Military Family Lifestyle Survey](#)

Kolmac Outpatient Alcohol and Addiction Recovery – Former US Navy psychiatrist, Dr. Kolodner's pioneering model of Intensive Outpatient Therapy carries over to the digital space and keeps people with their families and at their jobs while they recover. Schedule an online evaluation at Kolmac.com or call 888-331-5251.

Sesame Street Workshops for Family Co-viewing

Free Audio Books for Veterans With Disabilities

MD Dept of VA Resource Directory

Veterans Day Veterans Treatment Tool Kit

Help For Veterans – Housing, Financial Aid, Education, Jobs And Vets Support

Maryland Veterans Trust Fund, Mark Hendricks, Administrator
mark.hendricks@maryland.gov 410-230-4444 ext. 7 1-800-446-4926 ext. 7

<https://veterans.maryland.gov/maryland-department-of-veterans-affairs-veterans-trust-fund/>

Operation Homefront is looking for applicants for our Transitional Housing Program located in Gaithersburg, MD & San Antonio, TX. Please forward this email to anyone who may know of service members in need. OH provides rent-free full furnished apartments for wounded, ill & injured servicemembers & their families.

Who is eligible? Wounded, ill or injured service members with family (spouse or children) who are in the process of medically separating from the military or recently separated and awaiting benefits.

How to apply? Please go to our website, www.operationhomefront.org & select Operation Homefront Villages, scroll down for the application link.

Questions? Please call: 703-581-8089

Open enrollment periods for the MIHU homeownership program are held quarterly. For more information, to request a paper application and/or to schedule an appointment to drop-off your completed application, contact DHCD's Housing Opportunities Programs Division at 410-313-6318 and select option two, email housing@howardcountymd.gov or visit DHCD's [open enrollment website](#).

Veterans Expeditions

Team River Runner Walter Reed – winter paddling

Blue Star Families Resources and Webinars

EveryMind webinars hosted during COVID (managing stress and anxiety and others)

Cohen Clinic Events

Addiction Treatment and Recovery Resources

American Legion Membership Eligibility - If you have served federal active duty in the United States Armed Forces since December 7, 1941, and have been honorably discharged or are still serving - you are eligible for membership in The American Legion!

*Because eligibility dates remain open, all active duty members of the U.S. Armed Forces are eligible to join The American Legion at this time, until the date of the end of hostilities as determined by the government of the United States.

**U.S. Merchant Marine eligible only from December 7, 1941 to December 31, 1946 (WWII).

Howard County Seniors Together Virtual Offerings – think positive, fitness, cooking, social engagement, lifelong learning and more.

Memory Care and Senior Living/Assisted Living for Veterans Information

Newsletters, Articles and other Information

Filing VA Travel Claims

Local Health Improvement Coalition Resources and Classes

MDVA Newsletter November 20

Howard County 50+ Connection

VA Newsletter

VFW Newsletter

Caregiver Support during COVID-19

Parent Pages – Nov newsletter, lots of great resources and free workshops

BWI Partnerships Virtual Events

Veteran's Guide to Starting a Business - <https://www.moneygeek.com/financial-planning/resources/guide-starting-veteran-owned-business/>

Caregiver Information

VA Maryland Healthcare System
Baltimore VA Medical Center
10 N. Greene St.
Baltimore, MD 21201

410-605-7000 ext. 54143

[Courses for Veterans and Military Caregivers and Families](#)

[Program of Comprehensive Assistance for Family Caregivers \(PCAFC\) has expanded](#)

Employment Information

[Howard Community College Introduces Electrical Apprenticeship](#)

[Legal Assistant-Settlements](#) , **McCabe, Weisberg Conway, LLC** - Laurel, MD

[Physical Therapist PT](#) , **HCRC Staffing** - Columbia, MD

[Senior Systems Engineer](#) , **RTX** - Suitland, MD

[Shift Manager \(Shift Lead\)](#) , **XPDEL** - Washington, DC

[Virtual Interview Today! - B2B Sales Representative](#), **NCA Inc.** - Lutherville-Timonium, MD

[Resident Service Manager](#) , **Greystar Management Services, LP** - Bethesda, MD

[SERVICE LEADERSHIP CORPS APPLICATIONS ARE OPEN!](#) Applications are now open for the Service Leadership Corps! This program was especially designed for veterans who are looking to expand their network and maximize their skills to drive veteran-led change efforts through The Mission Continues Service Platoons.

[Manager, Serving Together - The Greater Baltimore Region](#)

[Caregill in White Marsh is hiring](#)

Plumbing Jobs - <https://bouldenbrothers.applicantpro.com/jobs/>

[Y of Central Maryland jobs](#)

- The Tragedy Assistance Program for Survivors (TAPS) provides free, compassionate care and survivor support services for the families of America's fallen military heroes. Services include peer-based emotional support, grief and trauma resources, grief seminars and retreats for adults, Good Grief Camps for children, casework assistance, connections to community-based care, online and in-person support groups and a 24/7 resource and information helpline for all who have been profoundly affected by the death of a military loved one. For more

information, visit taps.org or call the toll-free information helpline at 1-800-959-TAPS (8277).

If you or someone you know is seeking employment, the first step is to register for assistance with the Maryland Workforce Exchange (MWE) mwejobs.maryland.gov.

The Maryland Workforce Exchange has staff specifically dedicated to serve veterans with priority of service. Currently, MWE is conducting business virtually and can assist veterans with their resumes as well as connecting them with employers via virtual job fairs.

Besides helping veterans craft a resume, there are programs to increase a veteran's opportunity to get an interview including the Work Opportunity Tax Credit (WOTC) that offers employers an incentive to hire veterans. Additionally, veterans may be eligible for on-the-job-training through the Workforce Innovation and Opportunity Act. Further, service-connected disabled veterans may also be eligible for paid training through the US Department of Veterans Affairs, Veteran Readiness and Employment under Chapter 31. The MWE has trained staff near you that can assist you in finding the right career.

Also, there are nonprofit organizations who will also assist you in finding a career including the [Veterans Staffing Network \(VSN\)](https://vsn.org) which is part of Easter Seals. VSN also has career coaches that will assist you with your resume as well as introduce you to employers who are looking to hire on a temporary basis with a possibility of permanent employment.

Remote Jobs for Military-connected and Veterans

Serving Together Peer Navigators want to connect you with those vetted employers who understand your and your clients' challenges and who value the unique skill set, experience, and resiliency our population brings to the work environment. If you are a Veteran, Guard, Reserve, Transitioning Active Duty, Spouse, or Caregiver, contact our Peer Navigators at 301-738-7176, M-F 9am-4:30pm or you can fill out a Get Assistance Form at

www.servingtogetherproject.orghttps://www.bing.com/search?q=amazon.com%2Fnorth+eastmdjobs&src=IE-SearchBox&FORM=IESR4A

Veteran Employment Resource Center | <https://rmvets.com/2020vetresources>

- Resume-writing tutorials & guidelines specific for military members and veterans
- How-to / Instructional videos
- Interviewing techniques and best practices guidance

Military Spouse Resource Center | <https://rmvets.com/2020spouserresources>

- Resume-writing tutorials & guidelines specific for military spouses
- How-to / Instructional videos
- Interviewing techniques & guidance

Search & Employ Magazine | <https://rmvets.com/2020searchandemploy>

- Digital bi-monthly military and military spouse employment focused publication

Other Job Opportunities:

Gregory Ingram, Disabled Veterans Outreach Program (DVOP) Specialist

Division of Workforce Development and Adult Learning

Maryland Department of Labor

2 South Bond Street, Suite 204

Bel Air, MD 21014

gregory.ingram@maryland.gov

(410) 836-4630 (O)

(443) 699-3659 (M)

[Website](#) | [Facebook](#) | [Twitter](#)

Roslyn Jones, Regional Veteran Employment Manager

Division of Workforce Development and Adult Learning

Maryland Department of Labor

3637 Offutt Road

Randallstown, MD 21133

roslyn.jones@maryland.gov

410-887-0377 (O)

443-462-7867 (C)

[Website](#) | [Facebook](#) | [Twitter](#)

[Max Outreach](#) - OutreachCoordinator@maximus.com or by phone at 1-800-274-8582
ext 185

Howard County Workforce Development, Orion Jones at ojones@dllr.state.md.us